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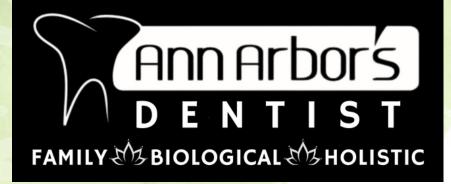
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#### Breaking Barriers, Building Strength

In this month's edition, we address a subject of profound importance and urgency—mental health, with a specific focus on men's mental well-being. It is an area often overshadowed by physical health con-

cerns, yet equally crucial to our overall well-being. We believe it's time to break the silence and stigma associated with men's mental health and acknowledge it with the seriousness it warrants.

Mental health challenges do not discriminate by gender, but societal norms and expectations can lead men to suffer quietly, masking their struggles as they uphold the facade of strength. Men's mental health is an issue that intersects with the very fabric of our society's definitions of masculinity. However, real strength lies in vulnerability, in the courage to seek help, and in the support we extend to one another. At our core, we understand that mental health is just as vital as physical health. Our commitment to holistic well-being compels us to shine a light on this pivotal aspect of health that affects nearly half of our population yet often remains hidden in the shadows. Through stories of resilience, expert insights and resources, this

edition endeavors to empower our male readers to prioritize their mental health and foster conversations that challenge the existing narratives surrounding masculinity and mental strength.

We also take this opportunity to call upon families, friends and workplaces to create environments where men feel safe to express their vulnerabilities and seek help without judgment. It is a collective effort, and change begins with awareness and compassion. Our aim is not just to inform but to inspire action and change in homes, workplaces and communities.

As we navigate through these pages, let's remember that caring for the mind is as essential as caring for the body. Let us all, regardless of gender, pledge to support one another in our journeys towards mental health and wellness.

Together, we can build a future where mental wellness is recognized as a pillar of a life well-lived. Your well-being is our utmost priority, and this issue is an invitation to view mental health through a lens of empathy, care and unconditional support.

Warm regards,

Thina of John

HEALTHY LIVING HEALTHY PLANET



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# ECKANKAR Presents a Day of Creative Spiritual Discovery

ECKANKAR, The Path of Spiritual Freedom, a distinctive spiritual practice dedicated to helping individuals discover their true selves and God's love, announces a transformative event titled Creative Prob-



lem Solving: Awaken Your Potential. Occurring from 11 a.m. to 4:30 p.m., on June 15, at Dexter Library, the session promises an engaging day filled with creative arts, discussion groups and panels.

Open to seekers of all faiths and ages, the event will explore the profound impact of spiritual teachings on personal growth and creativity. Participants will engage in activities designed to enhance their understanding of themselves as Soul. John Compton, the event director, shares, "Through the Spiritual Exercises of ECK and the uplifting sound of HU, attendees will experience firsthand the expansive solutions that come from tuning into divine love."

This daylong event revisits the success of a similar gathering in Ann Arbor a decade ago, promising fresh insights and deeper explorations into spiritual wisdom. The ECK Light and Sound Service, meet and greet sessions, and a comprehensive main program punctuate the day, alongside youth and family activities that ensure a wholesome experience for all attendees.

Cost: Free. Location: 3255 Alpine, Dexter. For more information, call 248-546-9224 or visit eckmi.org.

#### Wellness Practitioners Find New Opportunities at Ann Arbor Flex Space

On the bustling west side of Ann Arbor, a new opportunity emerges for holistic practitioners seeking an innovative way to manage their business overheads. Holistic Use Flex Space offers a unique flex-use space rental



model, perfect for professionals in massage, acupuncture, therapeutic bodywork and workshop facilitators. With rates starting at just \$75 per diem, the space provides an affordable and versatile option for both emerging and established practitioners.

The facility is designed with the needs of holistic professionals in mind, featuring furnished private session rooms and spacious areas suitable for workshops. The amenities are top-notch, boasting accessibility with no stairs and compliance with ADA standards. Additionally, practitioners and their clients will appreciate the convenience of easy, free parking.

Mary Light, the owner of Holistic Use Flex Space, shares her vision: "Our goal is to provide a supportive environment where practitioners can thrive without the burden of high fixed costs. We believe flexibility in space usage is key to growing a holistic practice in today's dynamic wellness landscape."

This flexible rental model allows practitioners to choose how often they use the space, accommodating both occasional and frequent needs. It's an ideal solution for those looking to start or expand their practice in a cost-effective manner.

Location: 3684 W. Liberty Rd., Ann Arbor. To schedule a viewing of the space or for more information, call 734-769-7794.

#### Holistic Collective Opens, Bringing Enhanced Health and Vibrancy to Downtown Chelsea

ALCHEMY Holistic Collective has officially opened its unique wellness center, led by founder Nicole Leffler, offering a comprehensive approach to well-being through a blend of holistic practices. The center's aim is to



harmonize mind, body and spirit for enhanced health and vibrancy. "We believe in the transformative power of holistic alchemy," says

Leffler. "Whether you're seeking relief from physical ailments, stress reduction, emotional support, or spiritual guidance, our 'Tiny-But-Mighty Healing Arts Studio' is here to support you on your journey to wellness."

ALCHEMY Holistic Collective's experienced practitioners specialize in modalities like reiki energy healing, neurofeedback, sound healing, health coaching, herbal medicine, Thai yoga stretching, mindfulness and meditation. The center also partners with local experts to offer customized services and specialized classes, fostering balance for all visitors.

The collective's founding brand, New Moon Neuro, is the area's sole provider of IASIS Micro Current Neurofeedback, a treatment beneficial for conditions like ADD, OCD, PTSD, addiction, trauma and more. New Moon offers a Mental Health monthly scholarship for those in need, with plans to expand offerings in the future.

Location: 105 E. Middle St., Chelsea. For appointments and more information, email Connect@AlchemyHolisticCollective.com or visit AlchemyHolisticCollective.com.

#### Healing by Hannah Offers Modern Reiki Therapy

Hannah's Healing Reiki offers a transformative approach to wellness by integrating ancient reiki techniques with modern elements like aromatherapy, crystal work, intention-setting and breath work. This unique blend aims to



Hannah Baiardi

provide clients with profound relaxation and holistic healing.

Reiki, a Japanese healing modality, has recently gained popularity in Western countries. Known for its versatility, reiki can be administered in three distinct ways: traditional hands-on technique, hands hovering above the body, and remote sessions. Each method aims to balance the client's physical, mental, emotional and spiritual well-being. Clients often experience sensations of warmth, tingling, or a feeling of release during sessions.

Owner Hannah Baiardi emphasizes the accessibility and benefits of reiki. "My goal is to make reiki a part of everyone's wellness routine. It's ab out more than just relaxation; it's about healing on multiple levels," says Baiardi. "Whether you are looking to reduce anxiety, improve focus, or just achieve a sense of grounding, reiki can be a powerful tool."

Baiardi is a certified reiki practitioner from the esteemed Donna Lakes School of Ascension. She offers both in-person sessions in Ann Arbor and remote treatments, ensuring accessibility for all clients. "Reiki's beauty lies in its simplicity and effectiveness, whether you are in the same room or across the globe," adds Baiardi.

For a free consultation, to schedule appointments or for more information, email HannahBManager@gmail.com or visit HannahBaiardi. com/healing-by-hannah.

# Experience Integrative Healing at Phoenix Rising Wellness Centers

Phoenix Rising Wellness Centers provide comprehensive holistic health services. The centers aim to guide individuals on their journey to physical and emotional well-being through a variety of traditional and innovative treatments.



Founder and owner, Christy Lynn Decker, emphasizes the center's mission of fostering a supportive environment for health and

rejuvenation. "At Phoenix Rising, we believe in the power of holistic therapies to transform lives," says Decker. "Our goal is to help our clients achieve a balanced state of health by integrating ancient practices with modern wellness techniques."

Phoenix Rising Wellness Centers offer a range of services including acupuncture, cupping, sound therapy, and the use of Chinese herbs and oils. Each treatment is tailored to meet the unique needs of the individual, ensuring a personalized approach to health care. The center also provides cosmetic acupuncture, known for its benefits in enhancing natural beauty without surgical interventions.

"We strive to create a sanctuary where clients can release their stress and rejuvenate their spirits," adds Decker. "Our therapies are designed to not only address physical ailments but, also promote overall well-being and inner peace."

Location: 101 W. Maumee St., Adrian. To schedule an appointment or for more information, call 517-759-4018 or visit PhoenixRising WellnessCenters.com.

#### Find Deep Wellness Through Holistic Nutritional Therapy

Rooted Resilience, founded by Tamara Wade, is transforming mental wellness through holistic nutritional therapy. Specializing in rootcause mental health, Wade empowers individuals to improve mood, energy and mental clarity by



Tamara Wade

balancing foundational health through diet, lifestyle adjustments and targeted nutrients.

"I established Rooted Resilience after navigating my own health challenges and seeing a need for what I do," says Wade. "My life's work, practice and process are the culmination of my health experiences and the wisdom I've gathered along the way. I feel a deep sense of purpose in what I do."

Rooted Resilience addresses various symptoms such as anxiety, brain fog and energy imbalances. Wade's personalized approach involves understanding each client's unique needs and creating sustainable plans that promote overall well-being. She emphasizes that true healing takes time and that addressing root causes can lead to lasting improvements.

"My ultimate goal is for you to move forward empowered, knowing how to listen to your body's innate wisdom," Wade explains. "We all want to move through life fluidly, feel good, and live life to the fullest. When your foundational health is balanced, these things come naturally."

Location: 121 W. Washington St., Ann Arbor. For more information, call 734-674-5541 or visit Rooted-Resilience.com. See ad page 28.





#### New Advice for Concussion Treatment

The conventional treatment for concussions has been to rest in a dark room until symptoms go away. Research has consistently shown that strict rest is not beneficial and may significantly delay recovery, but the medical community has been slow

to change its ways. Organizations like the Concussion Alliance are working to change that by educating patients and providers.

The Consensus Statement on Concussion in Sport, a report prepared by an international panel of experts, recommends active rehabilitation. Immediately following a concussion, the report suggests continuing daily living activities, sleeping as needed and reducing screen time for 48 hours. Patients can return to light-intensity activity such as walking during the initial 24 to 48 hours following a concussion, provided the activity does not more-than-mildly exacerbate symptoms. After the first 48-hour period, the intensity of physical activity can be increased, so long as symptom exacerbation remains mild.

In a concussion, the brain jiggles and twists, causing the neurons—long, cordlike cells that transmit signals—to stretch and fray. During recovery, the brain reroutes signals around the damaged neurons. The healing process may result in exhaustion, headaches, feeling emotionally drained and having trouble performing simple tasks. Physical activity aids the healing process.

#### Familiar Smells Unlock Memories

Major depressive disorder (MDD) is a common mental disorder that affects an estimated 21 million adults in the United States, according to the National Institutes of Health. For some, MDD



may severely interfere with or limit a person's ability to carry out life activities. People depression with also have trouble accessing memories.

JAMA Network Open recently published a study from the University of Pittsburgh School of Medicine involving 32 patients with MDD, which

sought to evaluate whether the participants could be prompted to recall a specific personal memory when exposed to an odor or word cues. The researchers rated levels of arousal, vividness, repetition and recall response time based on those memory clues. Participants recalled more specific personal memories when cued with odors than with words. Odor-cued memories were more vivid and arousing than word-cued memories. The results could have implications for managing MDD and possibly reducing depressive symptoms.



#### 'Forever Chemicals' in Drinking Water

The U.S. Environmental Protection Agency (EPA) announced the first-ever national drinking water standard to protect communities from exposure to toxic per- and polyfluoroalkyl substances (PFAS), commonly referred to as "forever chemicals", which are

CANCER

used to make coatings and products that resist heat, oil, stains, grease and water. According to the EPA, "exposure to PFAS has been linked to deadly cancers, impacts to the liver and heart, and immune and developmental damage to infants and children."

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low risk

The rule is expected to reduce PFAS exposure for approximately 100 million people. Public water systems have three years to complete their initial testing for six PFAS categories, which will be paid for by a \$1 billion dedicated federal fund. Where PFAS levels are found to exceed the new standards, public water systems must implement solutions within five years.



## Microplastics in Placentas

A study led by researchers from the University of New Mexico Health Sciences Center and published in *Toxicological Sciences* found nanoand microplastics (NMPs) in all 62 placenta samples they tested. Researchers identified the presence of rayon, polystyrene, polyethylene and

other plastic particles. Polyethylene, which was present in 54 percent of the samples, is the most common plastic and is used in manufacturing water bottles, packing materials and bags. The research is important to evaluate the potential impacts of NMPs on adverse pregnancy outcomes.

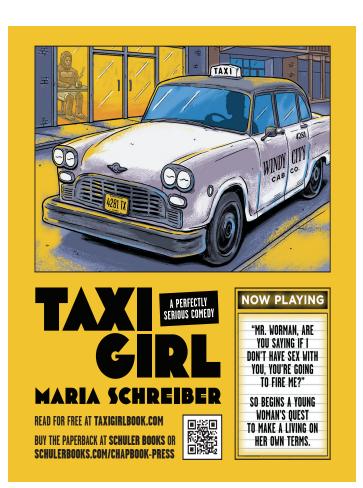


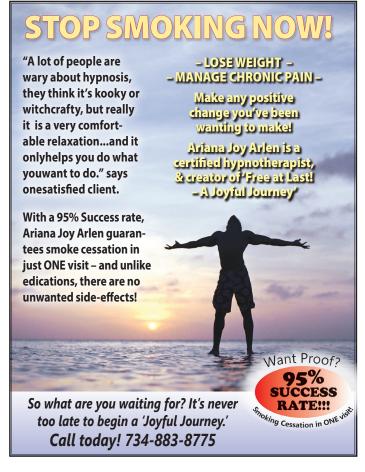
# Being a Successful Couple

University of Washington clinical psychologists and love researchers Drs. John and Julie Gottman have interviewed more than 3,000 couples and studied more than 40,000 couples undergoing couples therapy to understand how to make relationships and love last. Most

successful couples were able to "make repairs" when they said or did the wrong thing. A repair is not an apology, grand gesture or love declaration, but rather a chance to pause and ask a partner a mundane question like, "Do you want a cup of coffee?" The question implies that their partner still exists for them.

The Gottmans also discovered that to successfully resolve a conflict, there should be five positive interactions for every negative interaction. A positive interaction includes a smile, touch or simply saying "I understand", whereas a negative interaction would be an insult or expression of blame. They warn against using phrases like, "You never" and "You always". They recommend being more specific by saying, "I'd love it if we went on more dates," instead of "You never plan dates anymore."





# Saving Our Oceans

une 8 is World Ocean Day, a time to inspire action and celebrate the incredible splendor of the ocean and all of its wondrous life-forms. There is a growing movement that calls for the protection and management of 30 percent of the world's lands, fresh waters and oceans by 2030. Scientists believe that this is the critical mass needed to stem biodiversity loss and climate change facing our planet.

Covering 71 percent of Earth, the global ocean is the largest ecosystem on the planet, performing vital regulatory functions that influence weather and climate systems, impacting even those living far inland. This invaluable life source is in a dire state due to the damage humans have inflicted and continue to impose.

Every year, 17.6 billion pounds of plastic pollution enter marine environments. As we spew growing levels of carbon dioxide into the atmosphere, the ocean absorbs about 30 percent of it, causing seawater to become more acidic, to the detriment of sea life. Fertilizer runoff causes coastal algae to bloom, diminishing the oxygen in the water and causing massive fish kills that impact the natural food chain. Overfishing has ravaged certain species. And as global warming heats the ocean, glaciers melt, sea levels rise and ocean acidification intensifies.

There is much we can do to protect the ocean and encourage the sustainable use of marine resources.

- Purchase organic food and support regenerative organic agriculture.
- Choose plastic-free products.
- Reuse and recycle whenever possible.

- Organize beach, riverbank and land cleanups.
- Avoid products that harm the ocean, such as cosmetics derived from shark cartilage or jewelry made of seashells.
- Use microfiber absorbers to wash synthetic clothing.
- Write to legislators, pressing them to support policies that protect the ocean and marine wildlife.
- Bike to work, turn the lights out when leaving a room and keep the thermostat low.

- Buy sustainably caught, wild seafood.
- Leave nothing behind after a day at the beach or a picnic on the bay, making sure to dispose of all garbage.
- Spread the word about ocean pollution and let others know how they can help.
- Support reform of fishery management, focusing on practices that conserve ecosystems, while also sustaining livelihoods and ensuring food security.
- Join an ocean conservation group to strive for change with like-minded people.





# Naturopathic School of Ann Arbor

Launching Natural Medicine Training Series



he Naturopathic School of Ann Arbor announces the launch of its comprehensive Natural Medicine Training Series. This certificate course, starting January 4, 2025, offers participants the opportunity to explore alternatives to drugs and surgery through traditional naturopathic theory and hands-on practice. Registration is currently open, with classes held every third Saturday, complemented by two extended weekend trainings throughout the year.

The program covers the Eight Pillars of Natural Medicine, integrating herbal medicine, healing diets, naturopathic hydrotherapy science and treatments, nervous system "This training series is designed to empower individuals with the knowledge and skills to enhance their well-being naturally."

balancing and more. Students will also engage in a required clinical internship on premises, consisting of three hours biweekly. Mary Light, ND, MH, LMT, will facilitate the series, bringing her extensive expertise and passion for holistic health to the classroom.

Light shares her enthusiasm for the course: "This training series is designed to empower individuals with the knowledge and skills to enhance their well-being naturally. Our approach is holistic, focusing on the interconnectedness of the body's physiological systems."

The series extends through December 2025, with an optional 650-hour massage therapy extension available for those seeking licensure. This elective program has its own additional cost. The total fee for the primary course is \$2,500, with a payment plan option available and a \$950 deposit required. Veterans receive a 10 percent discount on the program.

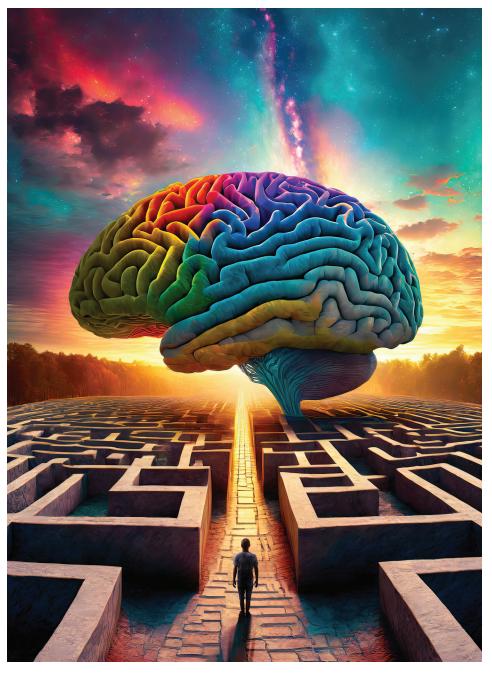
To register or for more information, call 734-769-7794, email NSHAAssociates@gmail.com or visit NaturopathicSchoolOfAnnArbor.net. See ad page 19.



# Solving Mental Health Issues in Men

Finding Meaning in Turbulent Times

by Dr. Reef Karim



any men struggle with mental health issues, often experiencing debilitating emotional turmoil, alone and in silence. Evidence of this suffering can be quantified in a number of ways.

An epidemic of "despair deaths" related to alcoholism, substance abuse and suicide is documented to be worse in men than women. According to the U.S. Centers for Disease Control and Prevention, American males were almost four times more likely to commit suicide than women in 2021. The National Institutes of Health reports overdose mortality rates for opioids and stimulant drugs such as methamphetamine and cocaine are two to three times greater in men. While men use drugs at higher rates than women, this alone does not explain the gap in overdose deaths.

Loneliness has become such a widespread problem that the U.S. Surgeon General recently called it an epidemic and the World Health Organization noted, "The effect of social isolation and loneliness on mortality is comparable to that of other wellestablished risk factors such as smoking, obesity and physical inactivity." A 2021 report by the Survey Center on American Life stated that since 1990, the number of men saying they have no close friends has jumped from 3 percent to 15 percent.

#### Men's Health and the Pandemic

COVID-19 incurred invisible costs such as

increases in loneliness and mental health strain. Because men generally tend to spend less time and energy cultivating meaningful social relationships but still require structure to thrive, the pandemic was particularly destructive to them.

Roughly one out of three men in America under the age of 30 reported having no sex in the last year (a 30-year low), which is an obstacle to building meaningful relationships and families. Men have become not only socially disconnected, but also more vulnerable to following dangerous groups, influencers and others with extreme messaging. Men that fail to attach to partners, communities or careers may grow increasingly resentful and act out with volatility and unrest. An African proverb says, "The young men who do not feel the warmth of the tribe will burn down the village to feel it."

#### **Origins and Causes**

According to Gabor Maté, a Canadian physician, author and speaker on addiction, stress and childhood development, "The issue is men's value has been defined in a very narrow sense, and when the power is taken away from people, people have a loss of agency and loss of control, belonging, meaning and value. Men have become deprived of a sense of meaning and belonging, and that's a function of the culture we live in."

#### **Possible Solutions**

Men's Mental Health Advocacy: Shame is the biggest barrier, preventing men from seeking help and expressing vulnerability. We need to talk and stop shaming them.

Male-Specific Mental Health Treatment: Men communicate differently, so counseling must address unexamined feelings. Research shows that physical activity can help reduce anxiety and depression, so sports activities that draw men together such as

# Sports activities that draw men together such as softball, surfing or martial arts can offer a win-win situation.

softball, surfing or martial arts can offer a win-win situation.

Emotional Communication Training: Men need to develop their emotional communication skills, such as how to express themselves and share feelings through language, vulnerability and emotional expression, to deepen relationships. Men can be strong and competitive while also being authentic, vulnerable and emotionally connected.

Maté advises, "Men need to accept their vulnerability and work it through, and not reject it or be ashamed of it. And to let go of, 'I can't be self-reflective; I have to be tough,' and that takes a lot of help and support. Men who come back from war will heal by accepting their vulnerability and spending time in support groups. Another thing we should do is show respect for the courage of those men who choose to explore their vulnerability."

Embracing Universal Masculinity and Femininity: We must realize there is masculinity and femininity in all of us. Neither masculinity nor femininity is the problem—hatred, oppression and inequality of opportunity are the problems, no matter the gender or ratio of masculine and feminine qualities within the individual.

Defining Healthy Masculinity: Masculine qualities are traditionally thought of as bravery, strength, courage, confidence, ambition, competitiveness, self-reliance and decisiveness. These standards are hard to live up to, so the question is how do we adapt healthy masculinity to be equipped with skills for success in changing times.

Offer Coaching Before Therapy: Because men may be more defensive, less open, less vulnerable and more disconnected from their feelings than women, many will respond to coaching over therapy, which can be a gateway to start thinking about deeper purpose and well-being. A personal development program geared specifically for men to build skills, share support and figure out how to excel in a changing world of technology and role-confusion may be helpful.

Encourage Inspiration and Purpose: Men need to find purpose by doing something meaningful that inspires them and makes them feel energized and appreciated. The more they feel helpless and stuck in survival mode, the more loneliness grows.

Psychologist Elizabeth Lombardo explains how a survival mentality doesn't allow for meaningful and purposeful pursuit. "Perceived or real threats put you in survival mode, and when you're in this mode, your limbic system takes over and you're not thinking about purpose, connection or collaboration (things that can pull you out of this mode); you're just trying to survive."

Men's health needs to become a movement that encourages males to be proud of their masculinity, but also add new skills in emotional communication and vulnerability to find purpose, improve their health and have the best chance for success in turbulent times.

Dr. Reef Karim is a humanistic psychiatrist and founder of Mad Genius and The Madness Movement. For more information, visit TheMadnessMovement.com and Mad GeniusLife.com.

#### Wise Words —

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think about it, contemplate it, and somehow restore equanimity to our souls."

Sigurd Olson

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# Jeffrey R. Gladden

on Cracking the Code of Longevity

by Sandra Yeyati



effrey R. Gladden is the founder and medical director of Gladden Longevity, in Dallas, Texas, a clinic that helps people "live young for a lifetime". He is the author of 100 Is the New 30, which provides an easy-to-understand blueprint, identifying four target areas to be optimized: life energy; longevity, which includes the hallmarks of aging; health; and performance.

A board-certified cardiologist, Gladden earned his medical degree with multiple honors from Temple University and practiced for 25 years as an interventional cardiologist. He co-founded the Baylor Scott & White Heart Hospital, in Plano, as well as several cardiac catheterization programs around Dallas.

#### What is longevity medicine?

The best way to understand longevity medicine is to put it in context with what we

currently are familiar with. Traditional medicine is called health care, but it's actually reactionary, sick care that focuses on relieving symptoms with a sprinkle of preventive advice but offers no real health optimization. Functional medicine and integrative medicine look at the root cause of an issue to create a more complete and durable answer.

Longevity medicine, however, goes after the drivers of aging. So far, we've identified 16 hallmarks of aging that contribute to and accelerate the aging process. This is how we're going to enable people to live young for a lifetime, thereby creating the most durable, most comprehensive answer to the symptoms they are experiencing and the aging process itself.

Is longevity medicine out of reach for people with limited resources?

When people first come to us to make them young again, we do extensive genetic testing and measure many biological ages for them. By knowing what cards they're holding and where they are in the game, we know where to start. And then, many of the reversal-type interventions like stem cells, young plasma, peptides or custom-made medications may be important but require a financial investment.

The flip side is that there are many things people can do that are not costly. If you're smoking, drinking or eating excessive amounts of processed foods, stop doing that. If you're not exercising, start exercising every day. The other thing that's massively important and doesn't cost much, if anything at all, is working on your mindset.

People stop asking the questions that drive progress, and they get married to their current answers. They think: I'm going to get older, retire at 65, take Social Security, play golf, visit my grandkids, travel and then wind down. This picture of the future is make-believe, quite honestly, even though society reinforces it. The beauty of being human is that you can create your own reality. What if you paint a different picture by asking, "What does it take to make my life better?" or "How can we make 100 the new 30?"

## What is the mental health impact on longevity?

So many of us have been plagued with anxiety and depression, and all of us have had traumatic experiences. Because of the way our brains are wired, we live in reaction to that trauma, either consciously or unconsciously. The problem is that if we are confronted with something again, it triggers a stress response or maybe a post-traumatic response that we're carrying with us from the trauma that we incurred, and now our nervous system is on high alert. Our stress levels are on high alert. Our cortisol, insulin, adrenaline and dopamine and the whole sympathetic nervous system is activated in a way that is accelerating disease, aging and decline.

You can never live young for a lifetime if you're carrying all that burden. When you solve the mental health piece, you crack the code of anxiety, depression, PTSD, addiction and all the selfsabotaging behaviors.

## What is your personal goal in your longevity quest?

The target I've settled on right now is when I'm 100, I want to have a 30-year-old body and a 300-year-old mind, where I've solved, healed and transcended all of the mental health issues and past trauma, enabling me

to have more wisdom and empathy, and freeing me to bring all of my gifts forward—my enthusiasm, artistry, intellect, compassion and my ability to help others and make the world a better place. If you have a clear target like that, all of a sudden you have a longevity mindset. You can never crack the code on aging if you don't have a longevity mindset.

# How do we stay the course and avoid falling back to old, unhealthy habits?

I think you have to be motivated by joy. If you're motivated by fear you will definitely tap out. It has to come from this understanding that for me to bring all of my gifts to bear for the planet or for me to have my best life, I need to step into this concept of having a young body and a very mature, expanded, spiritual, intellectual, emotionally replete mind. That's my target, and there's so much joy in doing that, so every day I'm motivated by joy, not by obligation, and I think that's what makes it sustainable.

Sandra Yeyati is national editor of Natural Awakenings.

To read a longer version of this conversation, scan the QR code.





# Prostate Protection

#### A Look at Holistic Cancer-Prevention Strategies

by Zak Logan

ost men don't usually think about their prostate until they face an exam or experience symptoms such as pain or difficulties while urinating. These symptoms may be attributed to a benign enlargement of the gland, usually in older men, or to the presence of cancer cells. This understated reproductive player, which can be stimulated for sexual pleasure, is responsible for regulating urine flow, secreting semen and converting testosterone into dihydrotestosterone (DHT) at puberty.

Prostatic cancer usually affects men over 65. African American and Caribbean men are at a higher risk. Although the American Cancer Society predicts almost 300,000 new cases this year, overhauling the diet and getting regular exercise can make a difference. "It's never too early to begin taking care of your prostate," says Dennis Golden, a two-time cancer survivor and prostate-cancer coach from New Kent, Virginia.

#### **Proactive Lifestyle Measures**

"In terms of lifestyle, everything is accumulative. If you put in junk, your body doesn't know what to do with it and stores all those chemicals that don't belong there, and it all eventually catches up with you someday. Read labels. If you can't pronounce it, don't eat it," says Golden, who went back to basics when he faced his frightening cancer diagnosis.

According to Jon Lanman, a registered dietitian nutritionist in Bend, Oregon, "In health care, we talk a lot about lifestyle change, and the reality is that lifestyle change is hard, and it takes time." He advises tossing aside perfection and expecting slip-ups while committing to small changes that add up.

For Golden, eliminating restaurant food, excessive sodium and alcohol has been key. A fan of quick and easy meals, he relies on pan cooking for healthy, delicious fare with plenty of steamed veggies. "There's no reason to grab a burger or to eat out when you can have a meal finished in 25 minutes. I veered away from beef and incorporated more chicken and fish like salmon and fresh trout," he explains, adding that biking also made a difference. Now 81, he pedals 25 miles several times a week.

#### **Dietary Recommendations**

Lanman notes, "There is no single miracle food, but I'd recommend limiting sugars and

processed carbohydrates, as well as processed meats and red meats." To amp up nutrients, he spotlights the Mediterranean and DASH diets that accentuate fiber from fruits, vegetables and whole grains. Lanman also recommends lycopene, a compound found in tomatoes, beets, radishes, cherries and pink grapefruit, which has shown promise in the treatment and prevention of prostate cancer.

The Prostate Cancer Foundation (PCF) advocates cruciferous vegetables like cauliflower, bok choy, kale and Brussels sprouts. Packed with the phytochemical glucoraphanin that targets cancer cells, broccoli is a heavy hitter, as well.



Recent research points to a number of nutritional guidelines. A 2021 study published in *European Journal of Public Health* noted that nitrites as food additives were positively associated with prostate cancer risk. A 2022 study published in *Frontiers in Nutrition* also found a higher risk of the disease in those consuming red and processed meats.

In a 2022 study published in *The American Journal of Clinical Nutrition*, researchers reported a lower risk of aggressive forms of prostate cancer in men under 65 that followed a diet rich in plant-based foods. After tracking men in a study for six years, a team of Harvard University scientists found that selenium supplementation was linked to a 65 percent lower occurrence of advanced prostate cancer, but it was contraindicated for individuals with high systemic levels of the mineral. Additional studies are underway to determine suggested dosages, but the researchers of this study suggested "a healthful diet that will provide good amounts of the mineral."

Lycopene, a compound found in tomatoes, beets, radishes, cherries and pink grapefruit, has shown promise in the treatment and prevention of prostate cancer.

#### **Rethink Alcohol**

Both Lanman and Golden recommend eliminating alcohol altogether. While research on the correlation between alcohol consumption and prostate cancer is inconclusive, a 2022 meta-analysis published in the journal *Biomolecules* suggests that alcohol intake and the development of prostatic cancer can create the perfect storm when poor diet, folate and fiber deficiencies, advanced age, race, smoking, obesity, genetics, stress and other factors are also present.

#### **Mood Regulation**

According to the PCF, extreme stress can have a cumulative effect on the body, allowing prostate cancer to take root and grow. This is because the stress response can activate certain hormones that make it easier for tumors to grow and spread, while also negatively impacting the immune system.

To relieve stress and learn better coping skills, PCF suggests adopting relaxation and meditation practices, counseling, group therapy and exercise. For Golden, better health is a mindset. He endorses journaling and having good expectations daily. "Focus on the positives," he says.

Zak Logan is a freelance health writer dedicated to holistic living and getting back to basics.



#### **Conscious Eating**





#### **Cucumber Apple Salad With Cilantro**

#### YIELD: 4 SERVINGS

2 medium-sized cucumbers or 1 large English cucumber, sliced thin, peel optional

2 medium or large apples of choice, chopped into bitesized pieces

¼ cup finely chopped fresh cilantro

½ lemon, juiced

½ lime, juiced

¼ tsp Himalayan salt

1 Tbsp organic, extra-virgin olive oil

Combine all ingredients in a bowl. Gently toss and serve immediately.

Recipe courtesy of frequent contributor Marlaina Donato.



#### White Quinoa Salad With Blueberries

#### **YIELD: 2 SERVINGS**

1¾ cups water

1 cup organic white quinoa ½ cup fresh or frozen organic blueberries ¼ cup finely chopped red or white onion ¼ cup finely chopped fresh Italian parsley 1 Tbsp aged balsamic vinegar 1/3 tsp Himalayan pink salt

Organic, extra-virgin olive oil

Combine quinoa, water and salt in a medium pot. Bring to a boil; cover and reduce heat; and simmer for 15 minutes. Remove covered pot from heat and let sit for 10 minutes before removing lid and fluffing the grains with a fork.

Add vinegar, blueberries, parsley and onion; mix gently. Serve quinoa salad warm or cold with a drizzle of olive oil.

Recipe courtesy of frequent contributor Marlaina Donato.



#### Cast Iron Mediterranean Chicken With Capers

#### **YIELD: 4 SERVINGS**

4 skinless, boneless chicken breasts or thighs

1 28-oz can of organic, diced, fire-roasted tomatoes

<sup>1</sup>/<sub>4</sub> cup capers (4 Tbsp)

¼ tsp Himalayan salt

1 tsp dried oregano

1 tsp dried basil

2 medium-sized, fresh garlic cloves, peeled and thinly sliced

1 Tbsp organic, extra-virgin olive oil

Preheat oven to 400° F. Place cast iron pan on a medium-high stove and sauté garlic until brown. Add chicken and pour fire-roasted tomatoes evenly over it. Add capers. Sprinkle salt, oregano and basil over chicken and tomatoes. Place uncovered cast iron pan into the oven for approximately 35 to 40 minutes or until chicken is tender. If desired, serve over garbanzo wheat-free pasta.

Recipe courtesy of frequent contributor Marlaina Donato.





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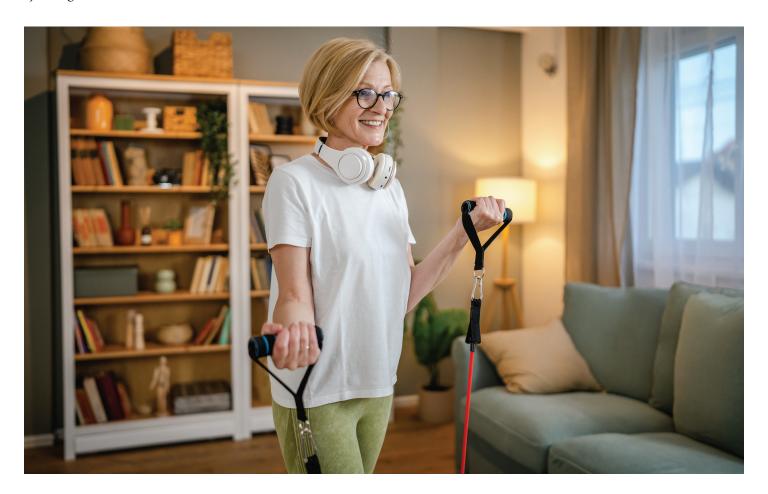
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# Building Quality Muscle

How Diet and Resistance Training Can Help

by JJ Virgin, CNS, CHFS



uscles act like metabolic Spanx, holding everything in the body tighter, supporting joints to prevent injuries, keeping bones strong and helping the immune system remain resilient to infection. Skeletal muscle acts as an endocrine-producing organ, supporting a healthy metabolism and balancing hormones. Strong, healthy muscles help us feel better, move more easily and live more powerfully.

Once someone crosses the threshold into their 40s, there is a natural decline in muscle mass and strength, known as sarcopenia. Adults can lose 3 to 8 percent of muscle mass per decade after turning 30, with losses accelerating after 60. Preventing this decline and supporting quality muscle is key. "Muscle can be stimulated largely in two ways: first, through dietary protein, and second, through resistance," explains Gabrielle Lyon, a board-certified family physician and author of *Forever Strong*.

#### **Optimal Protein Consumption**

The building blocks of protein fall into two categories: essential amino acids, which are necessary nutrients that the body cannot make on its own and must be acquired through dietary intake; and non-essential amino acids, which can be synthesized by the body from carbohydrates and other dietary sources. To promote muscle recovery and development, it is important to consume protein that contains all nine essential

amino acids in optimal amounts throughout the day.

More than half of older adults are not getting enough protein, and sarcopenia may increase their need for it. To offset age-related decline, every meal should contain a minimum of 30 grams of protein. Active people, including those that do resistance training, should target one gram of protein per pound of their ideal body weight daily.

The best animal proteins that offer all nine essential amino acids in the right balance include pasture-raised poultry and eggs, wild-caught seafood and grass-fed beef. Plant proteins often lack one or more crucial amino acid, so vegans or vegetarians should eat a minimum of 40 grams of protein per meal to reach an adequate intake.

Breaking an overnight fast with a protein-packed breakfast jumpstarts metabolism and provides more sustained energy during the day, fueling morning activities and preventing mid-morning crashes. A protein-rich dinner supports muscle recovery and helps the body rebuild during sleep.

#### **Benefits of Resistance Training**

"The most important type of exercise is resistance training as you get older, because you need to build muscle," says Mark Hyman, a functional-medicine doctor whose latest

book, *Young Forever*, explores the secrets to longevity. "Without muscle, you become frail and dysfunctional." Building muscle can improve the capacity for everyday activities, diminish the likelihood of chronic illnesses and decrease the risk of falls and frailty. Resistance training also improves bone density, metabolic health and overall quality of life.

#### **Resistance-Training Tips**

- Target multiple muscle groups simultaneously with compound exercises like squats, deadlifts, bench presses, rows and overhead presses.
- Focus on lifting the maximum weight manageable while maintaining proper form to avoid injury.
- Gradually increase the resistance or intensity of exercises over time to continually challenge the muscles.
- Aim for two to four weekly resistance-training sessions. Consistency and patience are the foundations for lasting strength and muscle-tone improvements.
- Engage all key muscle groups. For the upper body, try bench presses, overhead presses, dumbbell chest presses, pushups, pull-ups, bent-over rows, seated rows and lat pulldowns. To work the hips and thighs, try squats, lunges, deadlifts and step-ups.

For core strength, consider planks, Russian twists and bicycle crunches.

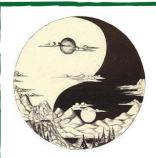
■ Perform two to four exercises for each muscle group, doing two to four sets for each exercise. Between sets, take 90- to 120-second rest breaks. Aim for eight to 15 repetitions per set.

#### **Rest and Recovery**

To prevent injuries or burnout, rest is crucial, allowing muscles to repair and rebuild. Give each muscle group 48 to 72 hours before targeting it again. It is normal to feel sore after a workout, but be mindful of the difference between soreness and pain. Soreness feels like mild, diffuse discomfort or stiffness and is a normal response to unfamiliar or intense exercise. Sharp, intense or persistent pain, particularly around a joint, indicates potential injury or overstrain.

On rest days, incorporate low-intensity, active-recovery activities like walking, yoga or swimming; try foam rolling, stretching and mobility exercises to improve flexibility and circulation; and consider meditation for mental-health benefits. Aim for seven to nine hours of quality sleep, which promotes tissue repair and growth-hormone release.

JJ Virgin is a certified nutrition specialist, certified fitness instructor and bestselling author of The Virgin Diet, JJ Virgin's Sugar Impact Diet and their companion cookbooks. Learn more at JJVirgin.com.



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# A Dose of Life Force

#### The Ins and Outs of Intravenous Therapies

by Zak Logan



he human body can thrive when it receives and absorbs a full spectrum of vitamins and minerals, but due to an inadequate diet and compromised digestive system, the nutrients in food and oral supplements do not always hit their mark. The Harvard T.H. Chan School of Public Health recommends 13 organic vitamins and 16 inorganic minerals for optimum health, but many of the water-soluble, vital substances such as vitamin C and the

B-complex vitamins may not get absorbed by the body and wash out in urine.

This is where intravenous nutrient therapies (IVNT) can fill in the metabolic gaps. Pioneered by the late Dr. John Myers in the 1970s, IVNT puts nutrition directly into the body, bypassing the digestive process to replenish vital elements. "As individuals age or take medications, absorption rates can decrease to as low as 3 to 5 percent," says

Dr. Mitchell Ghen, a clinician, researcher and author specializing in intravenous (IV) nutrition and psychoneuroimmunology in Boca Raton, Florida. "Intravenous nutrition offers a solution by ensuring 100 percent absorption of essential nutrients."

#### **IV** Treatments

Beyond celebrity hype, claims of hangover cures and availability at trendy gyms, IV therapy is on the rise at health facilities. A study published in *Frontiers in Oncology* in 2014 showed that intravenous vitamin C treatments minimize chemotherapy-related fatigue and other symptoms in cancer patients and improve quality of life.

IV vitamin therapy might offer improvement for individuals with nutrient deficiencies. "Anyone who has malabsorption issues will greatly benefit from IV nutrient therapy. Those issues may be caused by bariatric surgery, gut resections with reattachment or diverting colostomy, chronic pancreatitis, infections such as tropical sprue, parasites, tapeworm, or genetic diseases like celiac," states Jeffrey Weiss, an internal medicine doctor, naturopath and medical director of the Infusion Center of New Jersey.

According to Weiss, cardiac chelation shows promise for cardiovascular disease. "Intravenous di-sodium EDTA [ethylenediaminetetraacetic acid] acts as a magnet for plaque, grabbing onto it and flushing it out via the urine. I see incredible results from cardiac chelation for heavy metal detox, atherosclerosis and even critical valvular (mitral and aortic) stenosism," he explains.

For allergy sufferers, IVNT can be an alternative to over-the-counter fixes. "Seasonal allergies manifest with elevated histamine levels.

Intravenous nutritional intervention, including combining high-dose vitamin C, zinc and B vitamins with oral nutrients such as quercetin, vitamin D3 and curcumin, can effectively alleviate these symptoms," explains Ghen. For asthmatic patients experiencing broncho-spasms triggered by allergies, he adds, "Intravenous doses of magnesium sulfate can provide relief by relaxing the smooth muscle, therefore improving respiratory symptoms."

#### **Key Nutrients and Safety**

For Ghen, optimal management of serious chronic diseases necessitates a broad approach. "Many of the disorders we encounter stem from underlying processes such as metabolic disturbances, infections, inflammation and oxidative stress," he emphasizes. "While a multitude of nutrients can contribute to mitigating these disease processes, several components often stand out: vitamin C, valued for its anti-inflammatory and antioxidant properties; B vitamins; magnesium; and the number one intracellular antioxidant, glutathione."

Weiss also spotlights glutathione as a powerful antioxidant and chelator that binds to heavy metals, mold, organic pollutants and environmental toxins, noting, "Fibromyalgia has a strong environmental etiology, with all my patients testing for some form of heavy metal or other toxicity."

Ghen suggests pacing IV doses, tailoring treatments and conducting follow-up analysis. "As an educator who has trained over 3,800 physicians in the use of intravenous nutrition, I always emphasize safety. A well-trained intravenous healthcare practitioner adheres to a maximum infusion rate of 4 milliliters per minute," elaborates Ghen. Before initiating IV therapy, he demands a comprehensive blood workup, and before each IV vitamin session, he requires an assessment of vital signs and urinalysis.

Caution should be exercised, especially with conditions like kidney disease, when high-dose vitamin C administration may exacerbate kidney failure. As for individuals with certain needs or that are on certain medications, Ghen clarifies, "Contraindications related to intravenous nutrition are primarily dosage-dependent rather than inherent to the natural components." Vitamin C, commonly used as a base in intravenous mixtures, can pose challenges due to its high salt content. For patients with salt sensitivity or heart failure, Ghen points out that the typical doses may be contraindicated, but smaller doses remain an option.

To find a reputable IV treatment facility, visit IVTherapyDirectory.com.

Zak Logan is a freelance health writer dedicated to holistic living.

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#### SATURDAY, JUNE 1

Kirtland Warbler Festival – 9am-4pm. Offers a variety of eco-related groups/booths and speakers from around the Midwest. Celebrating one of the rarest songbirds, the Kirtland Warbler near its local habitat in this northern MI community. Free. CRAF Center (front lawn), 606 Lake St, Roscommon. Facebook.com/kirtlandwarblerfestival.

**Grand Opening: Fleming Creek Farm LLC:** Self-Serve Roadside Farm Stand – 10am-6pm. Fresh, organic homegrown produce. Hand-crafted small-batch baked goods. Seasonal hand-cut bouquets. Albert Dr, Ann Arbor, near the intersection of Plymouth Rd and Prospect Rd. Tinyurl. com/sdmxe463.

#### SUNDAY, JUNE 2

**VegMichigan's Spring Vegfest** – 10am-4pm. There will be nearly 100 food, shopping, and non-profit vendors, free samples, cooking demos, a kid zone and more. Free admission. Eastern Market, Sheds 5 & 6, Detroit. VegMichigan.org.

#### FRIDAY, JUNE 7

**Sound Bath Meditation** – 7-8:30pm. Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNaturalHealth.as.me.

New Moon Night Hike – 7:30-9pm. Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail and visit some of LSNC's nocturnal animals. \$5. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Registration required: DiscoverScience AndNature.org.

#### SATURDAY, JUNE 8

**Peony Sale** – June 8-9. Shop from many varieties found in the historic W.E. Upjohn Peony Garden at Nichols Arboretum. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Mindfulness Hike and Nature Journaling – 1-3pm. Join naturalist Elle Bogle for a slow, sensory hike to observe and commune with nature, then spend some time recording your observations and connections in a journal. Nelson Meade County Farm Park, Medford Pavilion, 2230 Platt Rd, Ann Arbor. Register: Washtenaw.org.

#### SUNDAY, JUNE 9

**Stewardship Workday:** Dolph Nature Area – 9am-12pm. Help pulling invasive weeds. Tools and know-how provided. Free. Meet at the trailhead off Parklake Ave, just south of Lakeview Dr, Ann Arbor. Pre-registration required: Tinyurl.com/yc6szbdy.

#### TUESDAY, JUNE 11

**Sunrise Nature Hike** – 8:30-10:30am. Morning hike along the banks of the River Raisin with naturalist Elle Bogle. Leonard Preservem 375 N Union St, Manchester. Register: Washtenaw.org.

Ann Arbor Backyard Beekeepers Meeting – 7-9pm. This month's featured speaker is David Burns, who will delve into the theme of "What, Why and When to Feed Your Bees?" via Zoom. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

#### MARK YOUR CALENDAR

#### SATURDAY, JUNE 15

ECKANKAR Presents Creative Problem Solving: Awaken Your Potential – 11am-4:30pm. Problem solving becomes an opportunity to tap into our creative imagination, offering solutions without limitations, while ensuring we gain love, wisdom and a closer relationship with God in the process. This call of Soul goes out to spiritual seekers of all ages. Cost is free. Dexter Library, 3255 Alpine, Dexter. 248-546-9224. eckmi.org.

#### WEDNESDAY, JUNE 12

**Ann Arbor Wild Ones Meeting** – 6:45-7:45pm. Michiganense Natives, 8820 N Lilley Rd, Plymouth. AnnArbor. WildOnes.org.

#### THURSDAY, JUNE 13

**Resonant Relaxation** (Daytime Sound Bath) – 2-3pm. With sound therapist, Rob Meyer-Kukan. Relax into a zero-gravity chair and float into this time of deep relaxation. \$30.7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7Notes NaturalHealth.as.me.

#### FRIDAY, JUNE 14

**Ann Arbor Summer Festival** – June 14-30. Admission-free concerts; Movies by Moonlight; open-air street spectacles; culinary treats; unique family attractions. Schedule: A2sf.org.

#### SATURDAY, JUNE 15

Creative Problem Solving: Awaken Your Potential – 11am-4:30pm. An engaging day filled with creative arts, discussion groups and panels. Open to all. Explores the profound impact of spiritual teachings on personal growth and creativity. Free. Dexter Library, 3255 Alpine, Dexter. 248-546-9224. eckmi.org.

#### TUESDAY, JUNE 18

**Small Forests, Big Benefits:** Online Discussion – 7-8:30pm. Featuring Keynote Douglas Tallamy. This free online forum will explore the planting of dense pockets of native trees and shrubs to address biodiversity loss, tree inequity and climate change. Registration required: AnnArbor. WildOnes.org.

#### WEDNESDAY, JUNE 19

Wonder Walk: Bugs Really are Beautiful – 5:30-6:30pm. All ages. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

#### FRIDAY, JUNE 21

**Fireside Fun** – 5:30-9pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

**Sacred Gong Bath** – 7-8:30 pm. Join Coach Bill Sullivan of Meditate School of Mindfulness and Sound for this transformational session using more than 12 sacred gongs. Mats and blankets provided. Please bring any additional props. \$40.7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7Notes Natural Health.as.me.

**Night Hike: Strawberry Moon** – 8:30-10:30pm. Enjoy a sunset hike and campfire. With Shawn Severance. Nelson Meade County Farm Park, Medford Pavilion, 2230 Platt Rd, Ann Arbor. Register: Washtenaw.org.

#### SATURDAY, JUNE 22

Solstice Celebration Labyrinth Walk with Live Music – 1-2:30pm. Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan for a labyrinth walk to celebrate the Solstice. Corlie Eldred will provide live

#### MARK YOUR CALENDAR

#### SEPTEMBER 16-19

Dr. Chi Fingernail and Tongue Analysis Clinics – Monday, September 16, through Thursday September 19. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. All visits are by appointment only. Call to schedule your appointment. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.

music on the hammered dulcimer during the labyrinth walk. Suggested donation: \$10. EHM Senior Solutions, 400 W Russell St, Entrance A, Saline. Registration required: 734-295-9292 or Facebook.com/ events/1358260808905969.

**The RFD Boys** – 8pm. Legends of Michigan Bluegrass. \$16, \$15/students, seniors, Ark members. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

#### SUNDAY, JUNE 23

**Big Play Day** – 10am-2pm. A family-friendly and kid-focused event that offers open-ended exploration and guided activities suitable for all ages. Free. Nichols Arboretum, 1610 Washington Hts, Ann Arbor. mbgna.umich.edu.

#### TUESDAY, JUNE 25

**Artist Spotlight:** The Wellermen – 8pm. A collaboration from 4 remarkable vocalists. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

#### FRIDAY, JUNE 28

**Stewardship Workday:** Bird Hills Nature Area – 1-4pm. Help pulling invasive weeds. Tools and know-how provided. Free. Meet at the Newport Rd parking lot entrance, just north of M-14, Ann Arbor. Pre-registration required: Tinyurl.com/yvzm99jx.

#### SATURDAY, JULY 6

**Sound & Vibrational Therapies** – 10am-4:30pm. This interactive training is

centered around the teaching of Sound Healing and Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science and practices of Sound Healing, but to give hands-on experience. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNatural Health.as.me.

#### MARK YOUR CALENDAR

#### TUESDAY, SEPTEMBER 17

**Dr. Chi Fingernail and Tongue Analysis FREE Seminar** – 6-8pm. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Please reserve your seat by contacting the office. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.



#### DAILY-

**Ayurveda For Us** – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly. com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste Al, 734-661-3575. TinyLions.org.

#### WEEKLY-

**Yoga with Crysterra Wellness** – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of

self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor. com/online-courses-self-care.

#### SUNDAYS-

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. Bach Flower School.com.

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

**Clearing Meditation** – 11am. 4th Sun. Each person gets one question answered for healing an issue. In person. Troy. RSVP required: 248-789-1980.



Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

**Sunday Talk with Demo Rinpoche** – llam-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealization CentreMichigan.org.

#### MONDAYS.

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

#### TUESDAYS -

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: Celeste Zygmont2@yahoo.com or DeepSpring.org.

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

**5 Hidden Gems in Your Normal Blood Work** – 8-9pm. 3rd Tues. Join Dr. Jena for her Bloodwork Webinar and learn 5 hidden gems that can help you go from unhealthy to healthy. Free. BigBeautiful Chiropractic.com.

#### WEDNESDAYS ——

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

Your Lipid Panel: What Bad Cholesterol Really Means – 8-9pm. 3rd Wed. Grab your latest bloodwork and let's dive into your blood work and let me teach you how to look for hidden answers. Free. BigBeautiful Chiropractic.com.

#### THURSDAYS -

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. Peaceful Dragon School.com.

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. Peaceful DragonSchool.com.

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. Insight MeditationAnnArbor.org.

#### Sounds & Sights on Thursday Nights -

Thru July 25. 6:30-8:30pm. Musical acts from across the spectrum (folk, bluegrass, Celtic, jazz, classical, country, Latin and everything in between) perform at separate stages. Free. Downtown Chelsea. 734-474-9178. Chelsea Festivals.com.

**The Thyroid Panel:** Get the Real Story of What's Happening with Your Thyroid – 8-9pm. 3rd Thurs. Learn how to find hidden answers in the bloodwork that you already have so that you can finally get some answers as to why you feel the way you do. Free. BigBeautifulChiropractic.com.

#### FRIDAYS-

Online: Prayer Power Hour – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

#### SATURDAYS -

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

**Drum and Dance Jam** – 7:30-9pm. 1st Sat (Apr, May, June, Aug). Bring a drum with you or use a drum that is provided. \$5 donation requested at door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. InterfaithSpirit.org.

#### Classifieds

#### **HELP WANTED -**

**RELAXSTATION, VOTED A2'S BEST MAS-SAGE, IS HIRING!** Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

#### SPACE AVAILABLE -

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EmanueleAcupuncture.com



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734-769-7794 NSHAAssociates@gmail.com NaturopathicSchoolOfAnnArbor.net



SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE

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Peaceful Dragon School.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy. This class includes Wild Goose Form, stretching, meditation and self-acupressure. See ad page 21.

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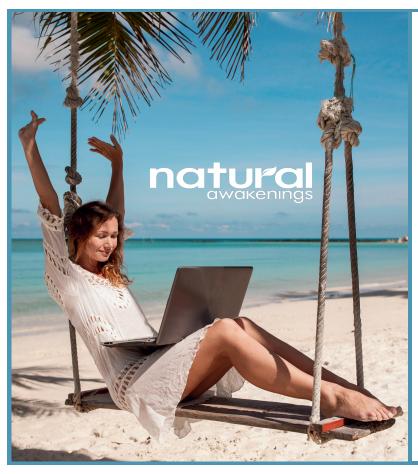


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